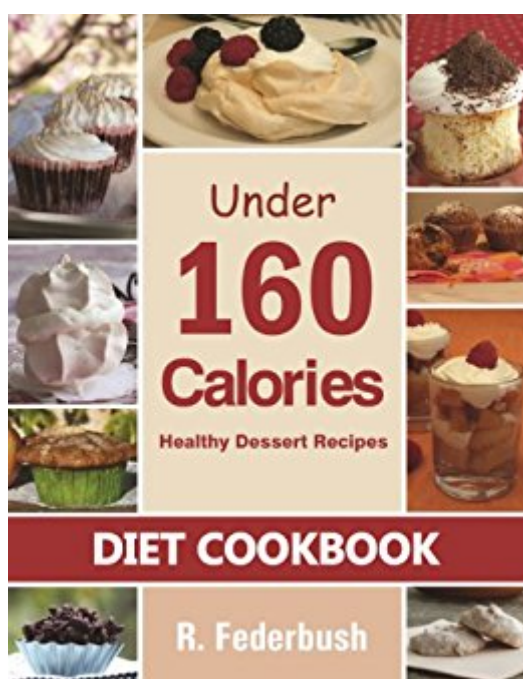


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Delicious Dessert Recipes Under 160 Calories. Naturally, Healthy Desserts That No One Will Believe They Are Low Fat & Healthy (Diet Cookbooks, Cookbook Healthy Collection)



Synopsis

1 Best Seller Is your sweet tooth sabotaging your diet? This is the book for you! "Fabulous recipes" - Grady Harp TOP 50 REVIEWER I love to eat cookies and cakes. Yes, I know these 1,000 calorie cakes aren't particularly good for anybody; but research shows that we are all born with a taste for sweet things, and it's certainly not reasonable to avoid them forever. This desserts cookbook is designed for people who want to treat themselves from time to time to delicious, low fat dessert without gaining a pound. All the healthy dessert recipes are as sweet as regular cakes and use only natural ingredients such as sugar with no artificial sweeteners or other synthetic products. With the "Diet Cookbook: Healthy Dessert Recipes Under 160 Calories" you will : Know the exact size of dessert you can eat without gaining weight or impairing your health. This diet cookbook laden with healthy dessert recipes will help you to keep your weight down. Read about the famous nutritionist, Professor Marion Nestle, who wrote in her book "What to Eat" that she allows 10% of her calorie intake as sugars. The calorie intake of the average person is 1,600-2,200 daily. With this low-fat cookbook, you will never have to worry about overeating. The portions and calories are already calculated for you, and they are exact! Discover easy European baking techniques to create low-fat desserts containing no more than 160 calories. Amaze your loved ones on birthdays and holidays with delicious healthy dessert recipes that no one will believe are diet recipes. Learn that the best way to reduce calories in sweet treats is to reduce fat content and what's more, to do so without anyone knowing that they are eating low-fat desserts. The average cake contains one cup of oil or butter with 1,700 calories! This dessert cookbook is perfect for teaching you how to make healthy dessert recipes. These healthy dessert baking tips make cookbook weight loss simpler than ever. Enjoy a good-sized, healthy dessert (the size of a standard muffin, cupcake, or two large cookies) without feeling guilty. Treat your children to healthy, tried-and-tested low-fat desserts they will love. Scroll up, click the buy button, and get started today!

Book Information

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Customer Reviews

Revital Federbush is Santa Claus! Not that her healthy low caloric non-fattening sweets are for the holidays only (they can easily be enjoyed year round), but coming out right now with a book that can maintain that wonderful everybody-in-the-kitchen tradition for creating special goodies for Christmas etc, down goes the guilt of holiday gluttony and up go the hurrahs for Revital Federbush. Anyone who can open a book with a confessional has to be respected, and Federbush offers the following: "My biggest weakness in life is my love and craving for all kinds of sweets- muffins, cookies, cupcakes " you name it. The problem is that I don't like being fat or going to the gym that much, either. Ever since I can remember, my dream was to create a cookbook for people like me. I started to invent treat recipes that were tasty and of sufficient size (for example, a standard-sized muffin or two large cookies) and had up to 160 calories so everyone can eat them without gaining weight. All of these treats are as sweet and as tasty as your ordinary desserts. Also, there is no use of artificial sweeteners or any other substitutes. All of the ingredients are natural and healthy. All the recipes in this book have been tested on children as well as adults. Only recipes that children liked were included in the book. "It's like regular cake, with real sugar, no artificial sweeteners, and only natural ingredients. The entire secret of how to bake delicious cakes with Greek yogurt and applesauce instead of oil: the most fattening ingredient of a cake is the fat!

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